

Dates to Remember

- January 31** Complete the wellness assessment online for the **gold** out-of-pocket expense level
OR
Paper wellness assessments must be postmarked by this date to earn **gold**
- April 15** Paper wellness assessments must be postmarked by this date to earn **silver**
- Paper logs for "Colorful Choices" or "Get Fit on Route 66" must be requested by this date
- May 1** Last date to start online or paper logs for "Colorful Choices" or "Get Fit on Route 66"
- June 30** Complete the online wellness assessment for the **silver** out-of-pocket expense level
- All 3 coaching calls must be completed and all logs must be postmarked by this date to earn **gold**



King County

Healthy IncentivesSM Program

Questions?

Harris HealthTrends, Inc.
6629 West Central Ave. Suite 100
Toledo, OH 43617
Toll free: 1-877-279-0624
Fax (toll free): 1-888-572-5781

King County Benefits and Retirement Operations Section
206-684-1556
kc.benefits@metrokc.gov
www.metrokc.gov/employees/benefits

***Improved
for 2007***

King County's
Health Benefit Plan
2007-2009

Healthy IncentivesSM Program 2007

It's that time again...time for you and your covered spouse/domestic partner to participate in the Healthy IncentivesSM program. Take the annual wellness assessment and complete your individual action plan to earn gold, the lowest out-of-pocket expense level for 2008.

The goals of the program are to:

- ◇ Improve and maintain the health of King County employees and their families.
- ◇ Slow the rising trend of healthcare costs.
- ◇ Maintain our excellent health care coverage.

Improved for 2007

- ◇ **Faster enrollment in individual action plans.** Within four weeks of completing your wellness assessment, you will receive a letter (low risk) or phone call (moderate/high risk) to enroll in your individual action plan (add two weeks for paper submission).
- ◇ **Improved coaching.** Harris HealthTrends, King County's vendor, has tripled the number of coaches to assist moderate/high risk individuals.
- ◇ **Faster notification of out-of-pocket expense level.** As soon as you complete your individual action plan you will be sent a letter confirming your gold status.



Two steps to earn gold!

Step 1: Take the Wellness Assessment by January 31

Online submission - To earn the **gold** (lowest) out-of-pocket expense level complete your wellness assessment by **January 31**.

Paper submission - To earn **gold** your wellness assessment must be postmarked to Health Media by **January 31**.

You must contact Benefits & Retirement Operations Section (BROS) to request a paper wellness assessment. Call (206) 684-1556 on or before **January 15**.

All participants are encouraged to complete the wellness assessment online

Step 2: Complete your Individual Action Plan by June 30

- ◇ **Low risk individuals** - You will receive a letter from Harris with instructions on how to log on to "Colorful Choices" or "Get Fit on Route 66" or how to request a paper log. Logs have been modified to include the entire 8 week program. All logs must be completed online or postmarked by **June 30**.

New this year: To request paper logs you must contact Harris HealthTrends by **April 15**. Toll free: 1-877-279-0624

You must start the online or paper logs by **May 1**. You will be unable to register after this date.

- ◇ **Moderate/High risk individuals** - You will receive a phone call from your health coach. Following the call you will receive a welcome letter, educational materials and a chart to track calls and goals. **Three** coaching calls must be completed by **June 30**.

New this year: You will be asked to track your activities between calls and you will be given a confirmation number after every coaching call.

To earn silver

- ◇ **Paper** wellness assessments must be postmarked by **April 15**.
- ◇ **Online** wellness assessments must be completed by **June 30**.

You do not need to follow up with an individual action plan.